

ABSTRACT

The present invention relates to a portable stand, in particular a portable stand for holding and supporting video
5 cameras, photo cameras and other optical recording devices, comprising:

an oblong basic body;

a first handle provided at one end of said basic body;

10 a connection plate provided at the respective opposite end of said basic body for holding the device to be carried and supported;

a slidable arrest carriage which can be locked in position provided on said basic body, between said first handle and said connection plate; and

15 a second, turning handle which is connected to said slidable arrest carriage by a ball headed bearing and connection means, said second, turning handle for swiveling about a connecting point on said slidable arrest carriage.